

# MAY 2023

## Pre-K Breakfast and Lunch Menu

### Rio Grande Valley



#### OFFERED DAILY

##### AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

##### AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

#### NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.

#### MONDAY

**1** **BREAKFAST**  
Pancake Sandwich

**LUNCH**  
Cheeseburger or Hamburger  
Baked Beans

**8** **BREAKFAST**  
Breakfast Kolache

**LUNCH**  
Veggie Pizza  
Zucchini Bake

**15** **BREAKFAST**  
Warm Biscuit

**LUNCH**  
Chicken Tamales  
Cilantro Cabbage Salad

**22** **BREAKFAST**  
Pancake Sandwich

**LUNCH**  
Cheeseburger or Hamburger  
Baked Beans

**29**

#### TUESDAY

**2** **BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Burrito Bowl  
Cowboy Caviar

**9** **BREAKFAST**  
Fresh Fruit Parfait

**LUNCH**  
Carne Guisada w/ Wheat Tortilla  
Mini Shredded Romaine  
& Tomato Salad

**16** **BREAKFAST**  
Snack N' Waffles

**LUNCH**  
Turkey Club Sub  
Veggie Quinoa Soup

**23** **BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Burrito Bowl  
Cowboy Caviar

**30**

#### WEDNESDAY

**3** **BREAKFAST**  
Cinnamon Bagel

**LUNCH**  
Crispy Baked Chicken  
w/ Warm Dinner Roll  
Rustic Mashed Potatoes w/ Gravy

**10** **BREAKFAST**  
Turkey Ham, Egg & Cheddar Croissant

**LUNCH**  
Chicken Teriyaki & Not So Fried Rice  
Sauteed Asian Vegetables

**17** **BREAKFAST**  
Homemade Granola & Yogurt Cup

**LUNCH**  
Creamy Chicken Alfredo w/  
Garlic Breadstick

**24** **BREAKFAST**  
Cinnamon Bagel

**LUNCH**  
Crispy Baked Chicken  
w/ Warm Dinner Roll  
Rustic Mashed Potatoes w/ Gravy

**31**

#### THURSDAY

**4** **BREAKFAST**  
Breakfast Pizza

**LUNCH**  
Spaghetti &  
Meatballs w/ Garlic Breadstick  
Homemade Marinara Sauce

**11** **BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Turkey Hot Dog w/ Bean Chili  
Curly Fries

**18** **BREAKFAST**  
Potato, Egg & Cheese Breakfast Burrito

**LUNCH**  
Crispy Beef Tacos  
Refried Beans

**25** **BREAKFAST**  
Breakfast Pizza

**LUNCH**  
Spaghetti &  
Meatballs w/ Garlic Breadstick  
Homemade Marinara Sauce

#### FRIDAY

**5** **BREAKFAST**  
Sausage, Egg and Cheese  
English Muffin

**LUNCH**  
Crispy Chicken Sandwich or  
Crispy Fish Sandwich  
Curly Fries

**12** **BREAKFAST**  
Cocoa Banana Overnight Oats

**LUNCH**  
Steak Fingers or Fish Dippers  
Country Style Green Beans

**19** **BREAKFAST**  
Cereal or Cereal Cracker Pack

**LUNCH**  
Cheese or Pepperoni Pizza  
Fresh Garden Salad w/Croutons

**26** **BREAKFAST**  
Sausage, Egg and Cheese  
English Muffin

**LUNCH**  
Crispy Chicken Sandwich or  
Crispy Fish Sandwich  
Curly Fries